

Biggest Winner 2010

SCHEDULE

Kick – Off

Saturday, March 13th

12:30p.m. Orientation for *ALL* contestants

Info Meeting , Question –n- Answer Session, Registration, 'Before' Photos & Official Weigh-In

Weigh - Ins

Saturday, March 13th: 12:30 pm

Saturday, March 27th: 12:30 pm

Saturday, April 24th: 12:30 pm

SATURDAY GROUP WORKOUTS

March 13th:

12:30 pm: Initial Weigh- In

1pm: Nutritional Seminar

March 20th:

12:30 pm: Trainer workout!

March 27th:

12:30pm Weigh-In

1 – 2:30 pm: Self Defense workout w/ John Tiano

April 3rd:

12:30pm: Fitness Easter Egg Hunt

April 17th:

12:30pm: Crunch Time Workout!

April 24th:

12:30pm: Final Weigh In

5pm: Party/Awards @ Ultra State Lounge, Providence